SEX SELLS

A BRAZILIAN WOMAN AUCTIONING OFF HER VIRGINITY HAS RAISED $160K SO FAR. HER MALE COUNTERPART'S EFFORTS? NOT NEARLY AS FRUITFUL PAGE 6

James Devereux
Paris • Sept. 19
LOTTO 649
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Monday, October 1, 2012
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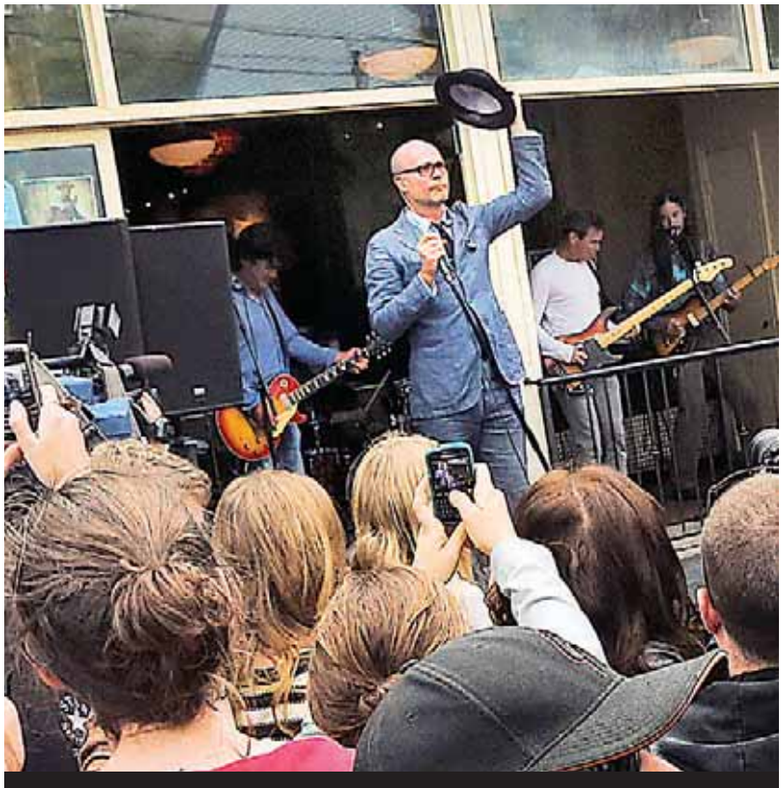

HIP PLACE TO BE

The Tragically Hip's Gord Downie tips his hat to the crowd as the band plays a surprise mini-concert on Augusta Avenue during Kensington Market's last Pedestrian Sunday of the year. The Hip will also play in Kensington for the next three days to promote their new album. The neighbourhood was closed to traffic and the sun shone, the streets were packed and people wandered freely among the food stalls, pamphleteers and performers. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Khadr's mom says son is 'abused and misunderstood'

Exit from Guantanamo. Convicted terrorist's T.O. family says they're not being treated fairly

Visibly emotional, the mother of Omar Khadr said the fact her son has returned to Canada a convicted war criminal doesn't make her happy and Canada needs to do more to give him his rights back.

"If he's treated as a criminal, a convicted war criminal, I'm not happy," Maha Elsamnah said on Sunday. "I want him to come back as a person who has been abused and misunderstood. I want Canada to give him his right."

Khadr, 26, landed at the Trenton military airbase early Saturday after a flight from Guantanamo Bay. American officials formally transferred Khadr into Canada's care, bringing to an end U.S. involvement in the decade-long case. On Sunday, Foreign Affairs Minister John Baird told CTV that pressure from U.S. President Barack Obama's administration forced the prisoner exchange months ahead of schedule.

Locked up

"If someone has some common sense they'd understand I'm a mother and I'm happy and sad at the same time."

Maha Elsamnah, mother of Omar Khadr, on how she feels about her son being sent to Millhaven Institution in Bath, Ont.

"Obviously the Americans are closing down the prison and wanted to send him back and under law, Canadian law, we're pretty obliged to take him."

Standing at the door of her Scarborough apartment Sunday morning, Elsamnah criticized Canadian media for its portrayal of her son and the lack of "truth" written about him and her late husband, Ahmed Said Khadr, who was killed by Pakistani forces in 2003.

The Khadr saga began in June 2002 in Afghanistan where U.S. Delta Force Sgt. Christopher Speer was fatally wounded and 15-year-old Khadr was taken into U.S. custody. In Oct. 2010, Khadr pleaded guilty to five war crimes, including murder. **TORSTAR NEWS SERVICE**

FOR MORE KHADR COVERAGE, SEE PAGE 8

Miracle baby against all odds

Doctors said he would never wake up from a coma; they were wrong PAGE 4

Paws and reflect

Cats are insightful, Metro learns from author PAGE 13

A European comeback

Only 1999 U.S. team was able to rally from four points back on last day of Ryder Cup PAGE 26

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Make a Change

Sgt. Rod Chung and Promise
KATIE DAUBS/TORSTAR NEWS SERVICE

Police and local artist release hip-hop track

After the summer of gun violence came the culture of silence. Now comes a hip-hop track from a police service looking to inspire and connect with the city and youth it serves.

After the Danzig shootings, the Toronto Police Service teamed up with local artist Promise Shepherd to release a song called Make a Change. It's the service's first venture into the biz, with lyrics that call for ownership of the city and an end to violence. Promise wrote the lyrics and performs the song with some help from artists Kaid and Liya. TORSTAR NEWS SERVICE

Reopening issue

Ford urges protest of plastic bag ban

Mayor Rob Ford used his Sunday radio talk show to drum up support for rescinding the Jan. 1 ban on plastic shopping bags.

Council voted 24-20 in June to ban the bags but legal experts say the decision was made with no notice or consultation with industry groups and the public.

The mayor wants councillors to reopen the issue at its meetings Tuesday and Wednesday, but 30 of the 45 council members must vote in favour of reopening it. TORSTAR NEWS SERVICE

Teen's body found

Mitchell Somerville. Family believes body pulled from Frenchman's Bay to be that of young baseball player last seen Sept. 21

Every day since Mitchell Somerville went missing on Sept. 21, his father has woken hoping it would be the day he'd get good news about his 17-year-old son.

But on Sunday, his family said on their Find Mitchell Somerville Facebook page that a body found in Frenchman's Bay in Pickering was that of the missing teen.

The body was found about 30 metres offshore at 11:30 a.m. and was sent to forensic services.

"We don't know the reasons this happened," said Mitchell's father, Joseph Somerville, between sobs, from the family's home in Ajax. "We don't know what happened to him."

Police don't suspect foul play but the investigation is continuing, said Durham Regional Police Insp. Bruce Kovack at a news conference. "Our investigators would like to find out (about) the last moments of Mitchell," he said.

So do others close to Mitchell, including his 17-and-under baseball team, the Ontario Blue Jays.

He'd only recently joined the team as an outfielder, after spending years on teams in Etobicoke and North York. All summer, he'd been going to the gym five days a week, training with his older brother in preparation for his new team.

Whitby teen Mitchell Somerville
FACEBOOK

"His big-time dream … was to take his shot," said Somerville, whose family started a Facebook page after Mitchell went missing, which got thousands of views. "I feel this is like the worst tragedy you can imagine … he's only scratching the surface of who he's going to be, at 17."

On Sept. 21, he went to meet two girls. He was last seen alone that night at a McDonald's in Whitby at about 10 p.m.

Around the same time, his father said, the teenager texted him saying he was heading home. But he never made it. The next day, a dog walker found Mitchell's school bag in a park near the water.

TORSTAR NEWS SERVICE

Overcoming injury to Run for the Cure

The Bomza Law group celebrates completing the CIBC Run for the Cure downtown on Sunday. It was the second one the group has participated in, only this time one of them had to do it on crutches. A pink tidal wave of runners made its way through Toronto's streets Sunday morning as 18,000 people participated in the fundraising event, which organizers said raised more than $4.2 million in Toronto alone. COLIN MCCONNELL/TORSTAR NEWS SERVICE

1 NEWS

Mobile news

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Young boy 'finding his voice' again after nearly drowning

Jesse. Family credits off-label oxygen therapy for child's recovery

Jesse Arrigo with his mother, Kristin. Jesse must undergo a variety of therapy treatments at Bloorview hospital in Toronto, including music and reading. Playing guitar is Ellen Young, a music-therapy intern. BERNARD WEIL/TORSTAR NEWS SERVICE

Music therapy

- Jesse gets music therapy, physiotherapy and occupational therapy treatments at Bloorview hospital. Kristin Arrigo has become a nurse to her son. She's by his side at all times, monitoring his condition and clearing his throat and nose when necessary.
- Music therapy is Jesse's favourite. He lies in bed, able to turn his head slowly. The music therapist strums a guitar and sings in a sweet voice. "The wheels on the bus go round and round," she sings. His eyes lock on her face and a squeal escapes his mouth as she sings.
- The family has set up a website to allow people to track Jesse's progress and donate to his ongoing care. About $26,000 has been raised.

Kristin Arrigo lays her baby between her outstretched legs, his head wobbling back and forth as she settles on the bed. The bed will carry her and 14-month-old Jesse into a clear glass tube for his 45th treatment in a hyperbaric chamber.

The treatments expose Jesse to pure oxygen in a pressurized environment for an hour at a time. They're designed to counteract the effects of a tragic injury that happened in May when Jesse fell into a pond in his grandparents' Mississauga backyard.

Doctors said he wouldn't wake up from a coma — then he did. They said he'd never swallow again — now he can.

"Every day he does something new that he couldn't do before," says Kristin. "He's just finding his voice the past couple of weeks."

Jesse wasn't expected to survive after the near-drowning, which happened the afternoon of May 17. Born to a mother who was told she'd never have children after surviving cervical cancer, Jesse continues to beat the odds.

His family credits hyperbaric oxygen therapy with his progress, but others are not so sure. Jesse's specific affliction — ischemic hypoxia — isn't recognized officially as something treatable with the therapy and it is not covered by OHIP.

The Ontario government covers hyperbaric oxygen therapy for 13 conditions. It's commonly used to treat carbon monoxide poisoning, wounds that won't heal and decompression sickness.

Usage of private facilities outside of the 13 approved conditions is allowed, but consumers are warned to be wary.

Yet the family is stunned by the progress they've seen, including his dystonia (a rigidity of the muscles caused by brain trauma) clearing up and the baby crying — a sign of progress in this case.

The treatment itself involves spending one hour a day, five days a week, in a pressurized container. Jesse experiences 1.5 times the normal atmospheric pressure. The tube he's in is filled with 100 per cent oxygen; normal air contains about 21 per cent oxygen.

"One hundred per cent of your body is made of cells," says Laurie-Anne Fayle, director of Ontario HBOT, the private centre where Jesse gets his treatments. "We're highly oxygenating every cell in the body. We're forcing oxygen up into his brain with the hope that the neurons that are up there that haven't died, but are just there idling, they just need more oxygen to repair them to get them back online."

TORSTAR NEWS SERVICE

Refugees swamping clinics after health-care reform

On a recent Thursday evening, patients started filing into a health clinic tucked behind a plaza at Ellesmere and Markham roads, half an hour before they would be seen by a doctor.

Soon, all 16 seats in the waiting area were filled, with babies in strollers parked in the crowd and adult patients lining up to talk to the receptionist.

There was a 59-year-old man from Jamaica anxious about an enlarged prostate, a five-year-old boy from Nigeria with a gastrointestinal problem and a 24-month-old baby from Hungary with an ear infection and suspected urosepsis.

They said they have all been shunned by other clinics they visited because of the refugee health papers they carry — and the confusion over what and who is covered under the federal government's new health-care plan for refugees that started June 29.

Both the Scarborough Community Volunteer Clinic and Muslim Welfare Centre Clinic — the city's two mainstays for uninsured patients — have reported an influx of refugee patients as a result of the government's much-reduced health coverage.

Quoted

"A lot of the patients have a chronic condition, like hypertension and diabetes. They run out of medications and are scrambling for help."

Nurse Jennifer D'Andrade

At the Scarborough clinic, which opens only for four hours two evenings a week and is mostly run by volunteering doctors and nurses, the number of patients arriving for help has more than doubled from 10 to more than 25 per shift.

At the Welfare clinic, which runs a trio of three-hour sessions each month overseen by volunteers, the monthly patient volume doubled from 25 to 50 both in July and August.

"Not only do we have an increased workload, people coming in now are definitely sicker," said public-health nurse Jennifer D'Andrade at the Scarborough clinic.

A spokesperson for Immigration Minister Jason Kenney maintains that any refugee claimant in Canada currently receives the same access to health care as any Canadian taxpayer gets through their provincial health care.

"The changes ensure bona fide refugees continue to receive comprehensive health coverage, while illegal immigrants and failed asylum seekers from safe, democratic countries no longer receive health insurance that is superior to what is generally available to taxpaying Canadians," said Alexis Pavlich.

TORSTAR NEWS SERVICE

Memorial

Fallen firefighters remembered

Firefighters from across the province gathered in Toronto on Sunday to honour colleagues who died in the line of duty.

The ceremony was held to add the names of 18 firefighters to the Ontario Firefighters Memorial outside the provincial legislature.

There are now 574 names on the memorial, which depicts a firefighter carrying a child to safety.

THE CANADIAN PRESS

Construction

New vision for city's theatre district

Theatre and art impresario David Mirvish says he plans to tear down Toronto's Princess of Wales Theatre and replace it with three condo towers.

It's part of an ambitious plan to transform a stretch of the theatre district on King Street West. The new space will include conceptual and modern structures, including a new art gallery, a new campus for OCAD University, retail space and condominiums. THE CANADIAN PRESS

Bylaw

Peel bans indoor tanning for youth

Peel Region has passed what is being called the province's toughest municipal bylaw banning teens under the age of 18 from indoor tanning salons.

The Peel bylaw would fine tanning salon operators $10,000 for the first offence and $25,000 for subsequent offences.

Peel is the second municipality in Ontario, after Oakville, to enact such a bylaw.

THE CANADIAN PRESS

Hudson brings some Bliss in support of kids

Jennifer Hudson poses with the co-founders of the Dilawri Foundation, from left, Ajay, Tony and Kap Dilawri, who hosted the inaugural Bliss Ball gala in support of SickKids at Fort York on Saturday. The fundraiser attracted some of Canada's top national media, philanthropists, and leaders in business and the arts. JJ THOMPSON/CONTRIBUTED

Markham, Vaughan taxpayers foot bill for trade missions

Strengthening ties. Mayors and delegates touring Italy and China

Toronto taxpayers may have gotten off easy.

While a good portion of the expenses for Mayor Rob Ford and his entourage who travelled to Chicago for a trade mission last month will be covered by sponsorships and Invest Toronto, taxpayers in the 905 are dishing out for more elaborate business trips by their city officials.

Vaughan mayor Maurizio Bevilacqua is currently in Italy, as part of an 11-day trade mission to boost the city's profile. Five people, including the mayor, are visiting Milan, Turin and Rome to form economic and diplomatic ties with the cities. The cost is about $6,000 per person. But Bevilacqua believes the trip is worth the money.

"If you are able to secure one deal in the future, as a result of this trip, you have paid for your trip 100-fold," he said on the phone from Milan.

Last week, Bevilacqua signed a memorandum of understanding with Milan to strengthen trade and investment ties. He said the pact will benefit Vaughan, whose population is 40 per cent Italian.

TORSTAR NEWS SERVICE

China passage

- Markham Mayor Frank Scarpitti is travelling to China on a five-person trade mission from Nov. 21 to Dec. 5. The delegation will travel to Qingdao, Shanghai, Beijing, Wuhan, Huadu and Shenzhen to strengthen economic, business and cultural ties.
- The total cost is estimated at $53,000.
- City reps last visited China in 2008. This is Markham's first international trip since it became a city in July.

They don't just think they can dance

The Dynamic Dozen impresses the crowd with their moves on Sunday at Toronto's Guvernment entertainment complex. Local competitive dance crews battled for cash prizes and a chance to break into the industry. The eight-hour event — watched by a full house of competitive dance enthusiasts — included two competitions, choreographed exhibition dances and a meet-and-greet with some high-ranking judges in the dance world.

ALEKSANDRA SAGAN/FOR METRO

TDSB. Board could delay permit fee hikes

Massive fee hikes to churches and community groups that rent school spaces should be postponed until a solution can be found to help those hit by the new rates, a Toronto board trustee says.

In a motion before the monthly board meeting on Wednesday, Chris Glover will ask that the new permit fees be put on hold until the end of the year while a committee looks at ways to streamline the system and find some cost savings.

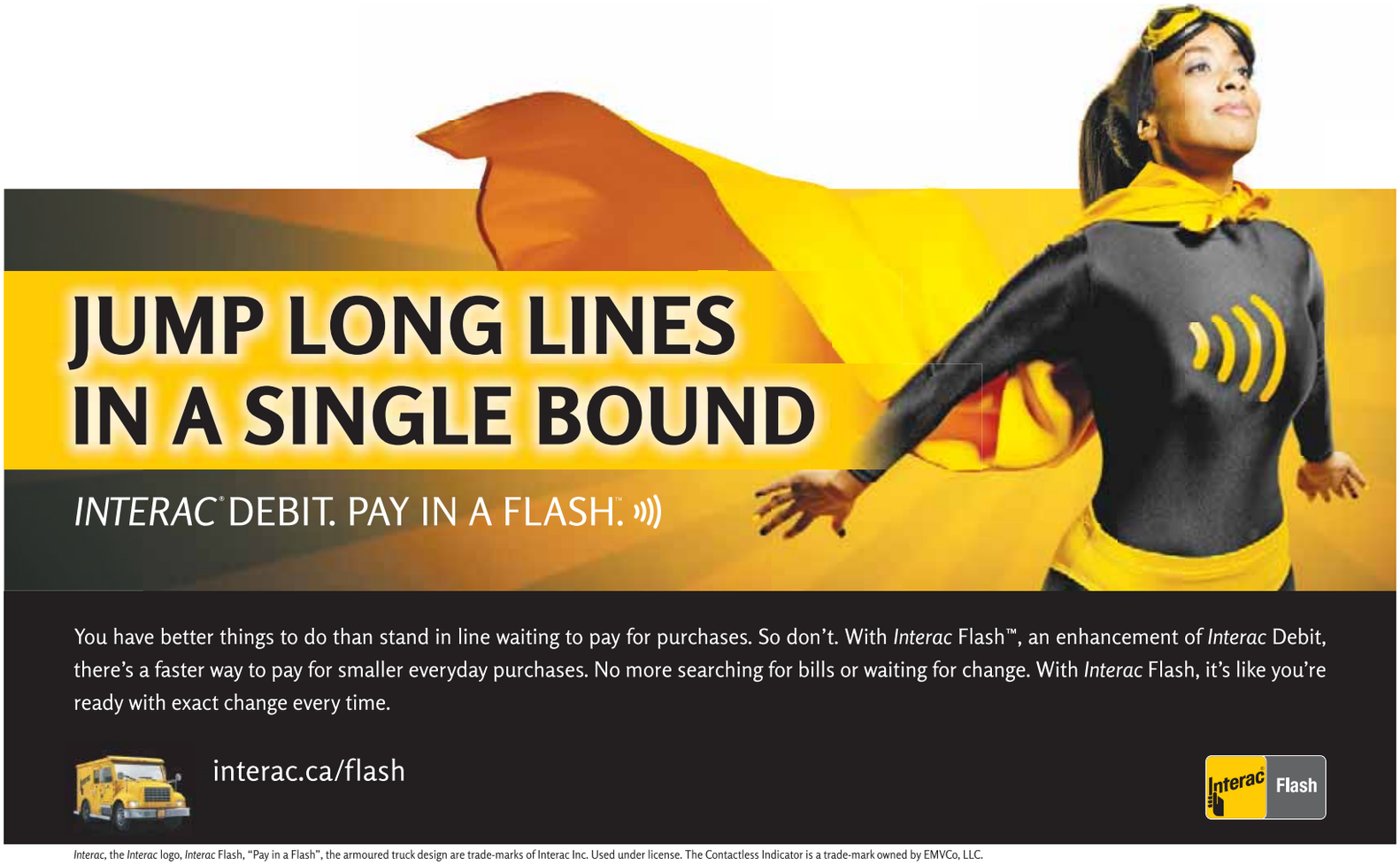
"It gives us a bit of time," Glover said.

The increases were approved by Toronto District School Board trustees as they struggled to balance their budget with a $110 million shortfall.

But Glover says permit holders "were given insufficient notification of planned categorical permit fee increases" — in some cases, just days.

Some, he added, are grappling with increases of more than 300 per cent.

TORSTAR NEWS SERVICE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Haiti

Anti-government protest fills streets of Port-au-Prince

Several thousand people poured into the streets of Haiti's capital on Sunday to protest the government of President Michel Martelly, in what was among the biggest rallies in the city this year against the first-time leader. THE ASSOCIATED PRESS

Moscow

Church asks for clemency in Pussy Riot case

The Russian Orthodox Church on Sunday asked for clemency for three jailed members of the rock band Pussy Riot if they repent for their "punk prayer" for deliverance from President Vladimir Putin. THE ASSOCIATED PRESS

Los Angeles

Carmageddon II goes according to script

The demolition of a bridge that forced the weekend closure of one of the U.S.'s busiest freeways is on schedule. Many Los Angeles drivers heeded warnings to keep clear of the area, and lanes should be reopened Monday. THE ASSOCIATED PRESS

Grim milestone

In Afghanistan, U.S. military deaths reach 2,000

The killing of an American serviceman in an exchange of fire with allied Afghan soldiers pushed U.S. military deaths in the war to 2,000, a cold reminder of the perils that remain after an www conflict that now garners little public interest at home.

The toll has climbed steadily in recent months with a spate of attacks by Afghan army and police — supposed allies — against American and NATO troops.

That has raised troubling questions about whether countries in the U.S.-led coalition in Afghanistan will achieve their aim of helping the government in Kabul and its forces stand on their own after most foreign troops depart in little more than two years. THE ASSOCIATED PRESS

A U.S. air force pararescueman drapes a flag over a soldier killed in a July 2010 attack in Afghanistan. THE ASSOCIATED PRESS FILE

Bidding reaches $160K as woman, 20, auctions off her virginity

Airplane encounter. Proceeds will go toward poor families in Brazil

TAKARA SMALL
takara.small@metronews.ca

Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. YOUTUBE.COM

Online

- To see a video about the auction, visit metronews.ca.

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level.

Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15, and as of Friday bidding had reached $160,000 US. Migliorini hopes to use proceeds from the tryst towards helping poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called Virgins Wanted, produced by an Australian film company.

Bidding for Alex Stepanov reached $1,300 US.

Liberal MP Justin Trudeau speaks briefly with media as he enters party caucus meetings on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Comparisons between Trudeau, dad are tenuous

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeaumania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid for the Liberal leadership on Tuesday, observers note that he is operating in a completely different era than his father.

Quoted

"People want to make comparisons to the past, but things totally change."

Nelson Wiseman, political science professor, University of Toronto

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things are constantly changing. People want to make comparisons to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran. THE CANADIAN PRESS

Legal action. Reporter will countersue former head of Vancouver Olympics

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research.

Laura Robinson said Saturday that Furlong intentionally misinformed the public about her professional ethics when he accused her of a shocking lack of diligence and having a vendetta against him.

After the story was published last week, Furlong denied the abuse allegations and said in a statement that his character had been recklessly challenged and that he would be taking legal action.

But Robinson said that starting on Feb. 27, 2011, she sent six to eight emails to Douglas and McIntyre, the publisher of Furlong's book, Patriot Hearts.

She said a publicist replied to one of her emails, saying Furlong was a physical education teacher at a Roman Catholic high school in Prince George, B.C., where he also managed the athletics program. "That is the only answer I received from Mr. Furlong in a year and a half of asking questions," she said. THE CANADIAN PRESS

Allegations

- The story in the Vancouver weekly the Georgia Straight quoted former students who alleged Furlong physically and mentally abused them, accusations he denies.

Intelligence. CIA welcomed Mulroney after Trudeau's 'negative' attitude: Papers

The U.S. Central Intelligence Agency saw Brian Mulroney's new government as a welcome alternative to the "gratuitous negative" attitude of the often prickly Pierre Trudeau, declassified documents show.

The CIA cautiously assessed the "Boy from Baie Comeau" as a more amiable ally than the occasionally irascible Trudeau in a September 1984 memo written three weeks after Mulroney's Progressive Conservatives swept to power, ousting the long-entrenched Liberals.

The intelligence agency did not expect a wholesale shift from Mulroney, but cautiously greeted his "conciliatory and constructive" approach.

On East-West trade, relations with the Communist world and U.S. involvement in Central America, the CIA believed the Tories would "steer a pragmatic course," supporting Washington when in Canada's interest and chastising it otherwise, says the memo.

"Unlike Trudeau, however, we expect Mulroney to refrain from gratuitous negative comments about U.S. foreign policy and to remain evasive or silent when it is politically possible to do so." THE CANADIAN PRESS

Quoted

"Unlike Trudeau ... we expect Mulroney to refrain from gratuitous negative comments about U.S. foreign policy."

Declassified CIA records

Indonesia. Thousands in Jakarta protest contentious film about Muhammad

Thousands of Muslims enraged over a film that denigrates the Prophet Muhammad have marched through Jakarta, Indonesia's capital.

Jakarta police spokesman Col. Rikwanto estimates at least 5,000 people joined the demonstration Sunday. They marched to the U.S. Embassy, which was guarded by hundreds of police, and staged a noisy but peaceful protest.

Participants in the rally, organized by the Islamic-based Prosperous Justice Party, chanted anti-American slogans and shouted "Allah akbar," or "God is great." Many wore traditional white robes and held big banners reading, "Go to hell with your freedom of expression, Muslims unite against insults to Islam." Protests against the film have also been held recently in other Indonesian cities. THE ASSOCIATED PRESS

Film controversy

- The crude film entitled Innocence of Muslims portrays Islam's Prophet Muhammad as a fraud, a womanizer and a child molester. It has deeply offended many Muslims, and dozens of people have died in protests linked to the movie.
- The White House has denounced the film, but defended U.S. laws governing freedom of expression.

Parliament. Abortion, immigration test limits of Commons dialogue

The right for MPs to say and discuss almost anything they want is one of the central privileges of Parliament, but a couple of divisive debates over the past week tested the thresholds of dialogue in the House of Commons.

In one case, two spokespeople from the Canadian Immigration Forum were barred from speaking at the Commons immigration committee Wednesday because content on their website was deemed offensive — including an interview with Canadian white supremacist Paul Fromm.

In the other, the NDP criticized Prime Minister Harper for allowing Conservative MP Stephen Woodworth to put forward Motion 312, a controversial proposal that sought to re-examine how Canadian law defines a human being.

The issue of restricting debate on abortion has come up before in other areas — on Canadian campuses, for example.

The pro-choice Canadian Civil Liberties Association has spoken out against barring pro-life advertising and activities at universities as a violation of free speech.

Liberal MP John McKay, visibly agitated Friday as he left question period, said the atmosphere after the vote on the motion earlier in the week was that of a funeral. McKay was one of four Liberals who voted in favour of the motion, which was defeated. "It kind of chills you; you don't really want to get into it and then you layer that over with the conflicts among colleagues.'' THE CANADIAN PRESS

Facing one controversy

Motion 312 was defeated last Wednesday. It sought to re-examine how our law defines a human being.

- Brought by a backbench Conservative it was defeated (203-91).
- "It's not like it never showed up or was banned from being discussed,'' said David Eby of the B.C. Civil Liberties Association.

Refugee health care in 'crisis', doctor says

Interim Federal Health Program.

Critics claim care compromised after changes to coverage for refugee claimants

Dr. Paul Caulford at the Scarborough Academic Family Health Clinic on Friday. While politicians and refugee activists engage in a fierce debate over the issue of health care for refugees, a number of health-care professionals like Caulfield have set up free clinics to help people without health insurance. AARON VINCENT ELKAIM/THE CANADIAN PRESS

The call came 35 weeks into her pregnancy, right around the time her abdominal cramps began.

It was her gynecologist's office saying changes to the Interim Federal Health Program meant her prenatal care was no longer covered. That's when Tiffany started to panic. "What am I supposed to do? I got scared," recalled the 27-year-old originally from the Caribbean.

"She told me that if I come and see the doctor I would have to pay the doctor a fee."

The Toronto resident — who wouldn't give her full name for fear it would affect her application to live here — had been going for regular prenatal checkups until then.

Some doctors say her story is an example of compromised care resulting from changes to the program providing temporary health coverage for protected persons, refugee claimants and others not eligible for provincial coverage.

Under those changes announced in the spring, some refugee claimants saw cuts to their coverage. Additionally, those whose refugee claims are rejected and those from a yet-to-be-defined list of "safe" countries will only receive care for public-health or safety reasons.

A number of health-care professionals have set up free clinics to help. It was at one such clinic that Tiffany first met Dr. Paul Caulford.

"This is an extraordinarily unprecedented crisis in Canada," said Caulford, medical director of the Volunteer Clinic for Medically Uninsured Immigrants and Refugees. He adds he finds it "appalling" the government would target the most vulnerable.

The Conservatives hope the changes will deter bogus refugee claims and ensure failed asylum seekers can't take advantage of Canada's free health care. They also say care for "bona fide" refugees isn't affected. THE CANADIAN PRESS

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Khadr's Edmonton prof predicts bright future for former student

Omar Khadr.
Convicted war criminal and child soldier returned to Canada Saturday

Quote

"We were waiting, hoping that the Canadian government would follow through [and] bring him home."

Dr. Arlette Zinck. Professor
Explaining how she and others felt waiting for Khadr to return to Canada.

RYAN TUMILTY
Metro in Edmonton

An Edmonton university professor who taught Omar Khadr in Guantanamo Bay believes he will excel once he returns to civilian life.

Khadr's return to Canada on Saturday came as a great relief to his Edmonton tutor, Dr. Arlette Zinck, a professor at King's College.

Zinck made two trips to the prison as part of a team working with Khadr to give him an education. In 2010, Khadr pleaded guilty to throwing a grenade that killed an American soldier in Afghanistan in 2002.

Zinck said that Khadr is a strong student and that she expects he will make a smooth transition to civilian life when the parole board decides he is ready.

"There is nothing the young man wants more than to prove to Canadians that he is fully committed to making a positive contribution."

Zinck said she doesn't know whether Khadr has specific plans for after his release but that she expects education will be a high priority.

"When he has been released and when he is in a position to consider what his next move will be, I expect that education will be part of it."

Zinck said that the lesson Khadr had been taking focused on getting him ready for university. She said King's has committed to treating him like any other applicant and she would gladly recommend him.

Omar Khadr, seen in this sketch from 2010, was returned to Canada on Saturday. THE CANADIAN PRESS

More allegations.

Egyptian TV station owner on trial for calling for death of prez arrested

The owner of a TV station on trial for incitement after calling for the killing of Egypt's Islamist president Mohammed Morsi was arrested on Sunday in connection with a series of allegations, including theft of electrical power and issuing a bounced check, police said.

Tawfiq Okasha was not at his Cairo home when police went to arrest him, but he later surrendered at a police station in the eastern suburb of Nasr City, they added.

Also Sunday, Justice Ministry officials said an investigating judge referred the last prime minister of Egypt's deposed authoritarian leader Hosni Mubarak to trial on corruption charges arising from the decade he served as civil aviation minister. Besides Ahmed Shafiq, the chairman of national carrier EgyptAir and nine other ministry officials were also referred to trial.

Shafiq left Egypt shortly after his narrow defeat by Morsi in a presidential runoff in June.

THE ASSOCIATED PRESS

Convicted sniper felt like 'scum'

John Lee Malvo being escorted from court in 2003. THE ASSOCIATED PRESS

Convicted serial sniper Lee Boyd Malvo said in a newspaper interview published Sunday that the devastated reaction of a victim's husband made him feel like "the worst piece of scum."

Malvo expresses remorse in the interview with The Washington Post and urged the families of victims to try and forget about him and his partner John Allen Muhammad so they can move on. Tuesday marks the 10th anniversary of the beginning of the deadly spree in the Washington area carried out by Malvo and John Allen Muhammad. The pair has been linked to 27 shootings across the country, including 10 fatal attacks in the Washington area.

Malvo, 27, told the Post in a rare interview that the look on the face of victim Linda Franklin's husband right after she was shot stands out in his memory of the rampage. Franklin, a 47-year-old FBI analyst, was killed as she and her husband loaded supplies outside a Home Depot store in Falls Church, Virginia.

"They are penetrating," Malvo said of Ted Franklin's eyes. "It is the worst sort of pain I have ever seen in my life. His eyes ... Words do not possess the depth in which to fully convey that emotion and what I felt when I saw it. ... You feel like the worst piece of scum on the planet."

Malvo, who was born in Jamaica, was 17 when he went on the cross-country killing spree with Muhammad. Malvo is serving a life sentence with no parole in Virginia. Muhammad was executed in Virginia in 2009.

The sniper-style attacks all but paralyzed the U.S. capital, as people were shot at random while going about their everyday life — pumping gas, buying groceries, and for one young boy, as he went to school. The shooters used a high-powered rifle, firing from the trunk of a modified Chevy Caprice until they were tracked down at a Maryland rest stop.

Malvo also repeated previous assertions that he was manipulated by the older Muhammad. But he acknowledges: "I was a monster."

Malvo has declined to respond to many media requests, including letters from The Associated Press. He was interviewed in 2010 for a cable TV special.

When asked by the Post what he would say to victims' families, the remorseful Malvo said there's no way to properly convey an apology.

"We can never change what happened," Malvo said. "There's nothing that I can say except don't allow me and my actions to continue to victimize you for the rest of your life.'"

He added: "Don't allow myself or Muhammad to continue to make you a victim for the rest of your life. It isn't worth it."

Linda Franklin's father, Charles Moore, was incredulous about the idea that victims' relatives would be able to forget about what Malvo and Muhammad did.

THE ASSOCIATED PRESS

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CRA uncovered millions in unpaid GST: Documents

Gaming the system.
Credit-check project targeting 439 firms reveals holes in Canadian tax system

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost $3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd.

Banks and other financial institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part of a wider effort to flush out some of the estimated $35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS

IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers (or SINs), telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

80,000 protest austerity

A demonstrator holds a placard that reads "Capitalism Kills" in Paris on Sunday to protest austerity measures announced by the French government. Organizers of the march put turnout at more than 80,000. On Friday, the government presented a budget that included high taxes on the wealthiest, but which critics say lacks fundamental reforms that could jump-start economic growth. MICHEL EULER/THE ASSOCIATED PRESS

'Quick refreshment'

Tim Hortons cracks top 5 in U.S. food-chain survey

The iconic Canadian purveyor of "double-double" coffees ranks among the top five in Zagat's latest survey of fast-food chains in the United States.

Tim Hortons was voted fifth-best overall in the "quick refreshment" category.

The Oakville, Ont.-based chain held the same spot for "top decor" and "top service" too.

THE CANADIAN PRESS

Oily business practices?

Irving Oil charged with price fixing

Criminal charges have been laid against Irving Oil and a senior company executive for alleged price fixing at gas stations in three Quebec cities.

The federal Competition Bureau says three charges of conspiracy are being laid against the New Brunswick-based company.

THE CANADIAN PRESS

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CITY, PROVINCE STARVE TRANSIT IN TORONTO

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

When it comes to Toronto's transit system, our politicians are having the wrong arguments.

Last week, the Toronto Transit Commission met to discuss the operating budget for 2013. They focused primarily on two contentious issues: A potential five cent hike on token fares and a proposal to contract out bus cleaning to a private operator.

Not mentioned enough during those discussions was that Toronto transit riders continue to get a raw deal from governments.

A look at the numbers tells the story. Next year, TTC ridership is expected to grow by 25 million. That's an all-time record for this city. At the same time, those riders will probably be paying an extra five cents to board their bus, streetcar or train, on top of the 10 cent fare increase they absorbed in 2012. Mayor Rob Ford and Toronto City Council, meanwhile, are expected to once again freeze their contribution to the TTC's budget.

Minding the gap

For many (Torontonians), good bus and rail service is the difference-maker — without it, they wouldn't be able to work or go to school.

Riders will pay more, but City Hall won't.

Let's not let Queen's Park off the hook, either. The province will be freezing their dedicated annual contribution to the TTC's budget, too — it's been at zero since Premier Mike Harris withdrew from a shared funding agreement in 1996.

This isn't good budgeting. As the city's traffic problems have increased and the gap between the rich and poor has widened, transit service has become a day-to-day necessity for more Torontonians. For many, good bus and rail service is the difference-maker — without it, they wouldn't be able to work or go to school.

And yet politicians seem content to pass budgets that starve transit, forcing the TTC to make concessions that really aren't in the best interest of riders. This despite the fact that the TTC is already the least-subsidized major city transit system in North America.

I'm not arguing that the customer service problems that have plagued the TTC over the last few years are all the product of a lack of funding. Even with current funding constraints, the TTC should do better. But I will say this: The biggest obstacle to Toronto having a real, big city transit system — one that residents can rely on and be proud of — is that lack of committed government funding.

Some more numbers: Toronto transit riders are currently subsidized at an average rate of 87 cents per transit trip. In New York City, that number is $1.25. In Vancouver, it's more than three times as much at $2.62. If our governments supported transit like they do out west, the TTC's annual subsidy would be up to a billion dollars higher than it currently is.

A billion dollars. A number for Toronto transit riders to keep in mind as they wait for their bus.

Foam's up, dude!

CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO

Causes of sea foam

Foam caused by dead algae

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms whipped up by high gales and eventually builds up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden, from Dunedin, New Zealand
Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

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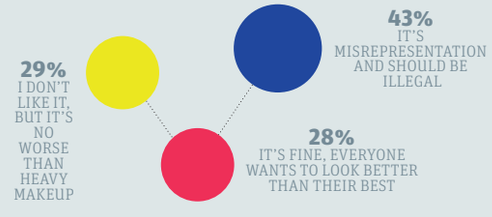
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Students leave imprint on eco-event

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Student activism doesn't just happen during the school year — at least not for 10 Burlington high-school students who volunteered hours of their time this summer to help plan Burlington Green's Imprints Youth Conference.

Held on Sept. 19 at the Burlington Performing Arts Centre, the event was attended by students and teachers, and included environmental workshops and a keynote address by Dr. Jane Goodall.

"The workshops created a space in which students from all over the Halton Region could come together to voice their ideas and opinions and share their experiences with fellow eco-minded students," says one organizer, Caitlin Vito.

The student volunteers, supported by the organizing committee, played a key role in planning the conference: Everything from logistics and research, to running their own workshops. The workshops, aimed to engage and empower youth, gave attendees a chance to discuss actions they could take to make positive environmental impact in their own communities.

CRAIG AND MARC KIELBURGER
Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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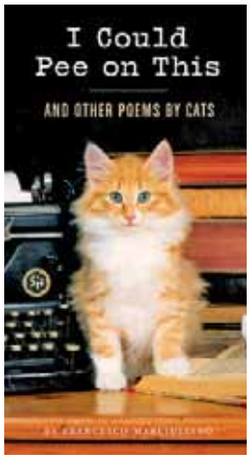
Poems written by your cat



Call this guy William Shakespaw / THINKSTOCK

Literature. In his best-selling book, I Could Pee on This: And Other Poems by Cats, Francesco Marciuliano decodes a kitten's mind

ROMINA McGUINNESS
scene@metronews.ca

What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?
Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7'.

You spend a lot of time going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?
People who don't like cats see them as arrogant creatures, when in reality it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relationship advice.
Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?
Yes I do. Unlike what people think, I don't think they would be emotionally distant.

SCENE 2

On the web

Qrikel

Justin Bieber throws up on stage during concert in Glendale, Arizona

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Emily VanCamp at the Entertainment Weekly and ABC Upfronts Party in New York on May 12. CHARLES SYKES/THE ASSOCIATED PRESS

Getting even with Emily VanCamp

Revenge. Actress embraces popularity of her ABC series but avoids being in the spotlight off set.

What a difference a year makes.

This time last year, Emily VanCamp was hoping and praying her ABC series Revenge would be a success. It was — and regularly won its time slot.

Now she's gearing up for the show's second season, which premiered last night.

"I was wondering what was going to happen with the show and, oh gosh, I remember just trying to repress the stress so much," VanCamp said in a recent interview. "You just want to focus on the work and not pay too much attention to all that stuff, but you're putting so much of yourself into it, and the fact that it all paid off and that it did so well has been kind of extraordinary. It's been a crazy year to say the least."

VanCamp plays Emily Thorne, a young woman out to get even for her father's death. She infiltrates a wealthy community in the Hamptons to take down the people who betrayed her family.

Like her character, 26-year-old VanCamp is a private person who prefers to remain a bit of a mystery to the public. She doesn't like to talk about her personal life (although she's rumoured to be dating her Revenge co-star Josh Bowman) and says she's trying to come to terms with the public's interest in her life now that she has a hit TV show.

"We live in a time where the media is a very difficult thing to navigate because it's everywhere, and I tend to want to be a lot more private with my life," she said. "I've managed to do that for 10 years in this business.

"I've found a really nice balance, but this show is a different scale so ... I'm trying to figure all that out at the moment but ... some of the actors that I admire the most do have an element of intrigue. You don't know everything about them. It's very important to be able to distinguish the actors from the characters they play."

Quoted

"It's very important to distinguish the actors from the characters they play."

Emily VanCamp
On admiring celebrities that retain an element of intrigue

One thing VanCamp is getting used to as a leading lady is being sleep deprived.

"I'm exhausted almost all the time," she said. "I keep saying I'm weirdly preparing myself for motherhood because once you can get ahold of this sleep deprivation thing I think you have a leg up. And I'm definitely sleep deprived."

VanCamp also has adjusted to her high-profile role in Revenge by seeing herself as part of an "incredible" cast.

"I think it's really interesting to say 'My show' or 'I'm a lead of it' because it is such a collaborative thing ... but I am definitely there all the time," she laughed.

"I'm excited by challenging myself physically and mentally every day. That's what keeps me going and makes me love what I do so I really can't complain about it." She pauses then says: "I complain sometimes. I'm not gonna lie."

THE ASSOCIATED PRESS

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Killer windpipes centre stage on Battle Born

The Killers' fourth album debuted at No. 3 on the Billboard 200 albums chart last week. GETTY IMAGES

The Killers.
Frontman Brandon Flowers opted to take singing lessons for latest album, despite his undeniable talent

He's obviously a professional singer, but The Killers frontman Brandon Flowers still thought it was a good idea to take voice lessons before hitting the studio to record the band's new album.

"It seemed like the right thing to do," he said in a recent interview. "I wanted to be better, get better and it's just helped me. ... (My voice teacher) knows what my ambitions are and he knows there's a certain style and something I've already got going on. We're just trying to fine-tune a few things."

The 31-year-old added that he's "not trying to be an opera singer or anything."

Dressed in a leather motorcycle jacket, with close-cropped hair, the rock singer embodies the stage presence of an old-time crooner along the lines of Frank Sinatra or Tony Bennett. And while Flowers lists both icons as major influences, glam rocker David Bowie sits at the top of the heap.

"In the beginning I was obsessed with Ziggy Stardust and Hunky Dory and you've got some weird interpretations of that from some dude in Las Vegas," Flowers said. "That's not there anymore. I don't feel like that anymore. I still love that music, but it just changes as you get older I guess."

He showed off his voice when honouring the late Andy Williams with a version of Moon River on Wednesday night, and it's heard all over Battle Born, the band's fourth album that debuted at No. 3 on the Billboard 200 albums chart last week. But Flowers insists his maturity as a vocalist hasn't affected the core sound of the band, known for the hits Mr. Brightside and When You Were Young.

"We try to take a little bit of Las Vegas with us everywhere we go," he said of the group, which kicks off a world tour Oct. 26 in Glasgow, Scotland. THE ASSOCIATED PRESS

Quoted

"I feel sorry for young guys now that love rock 'n' roll and are struggling to find a home."

Brandon Flowers
On rock's struggling role in today's mainstream music scene.

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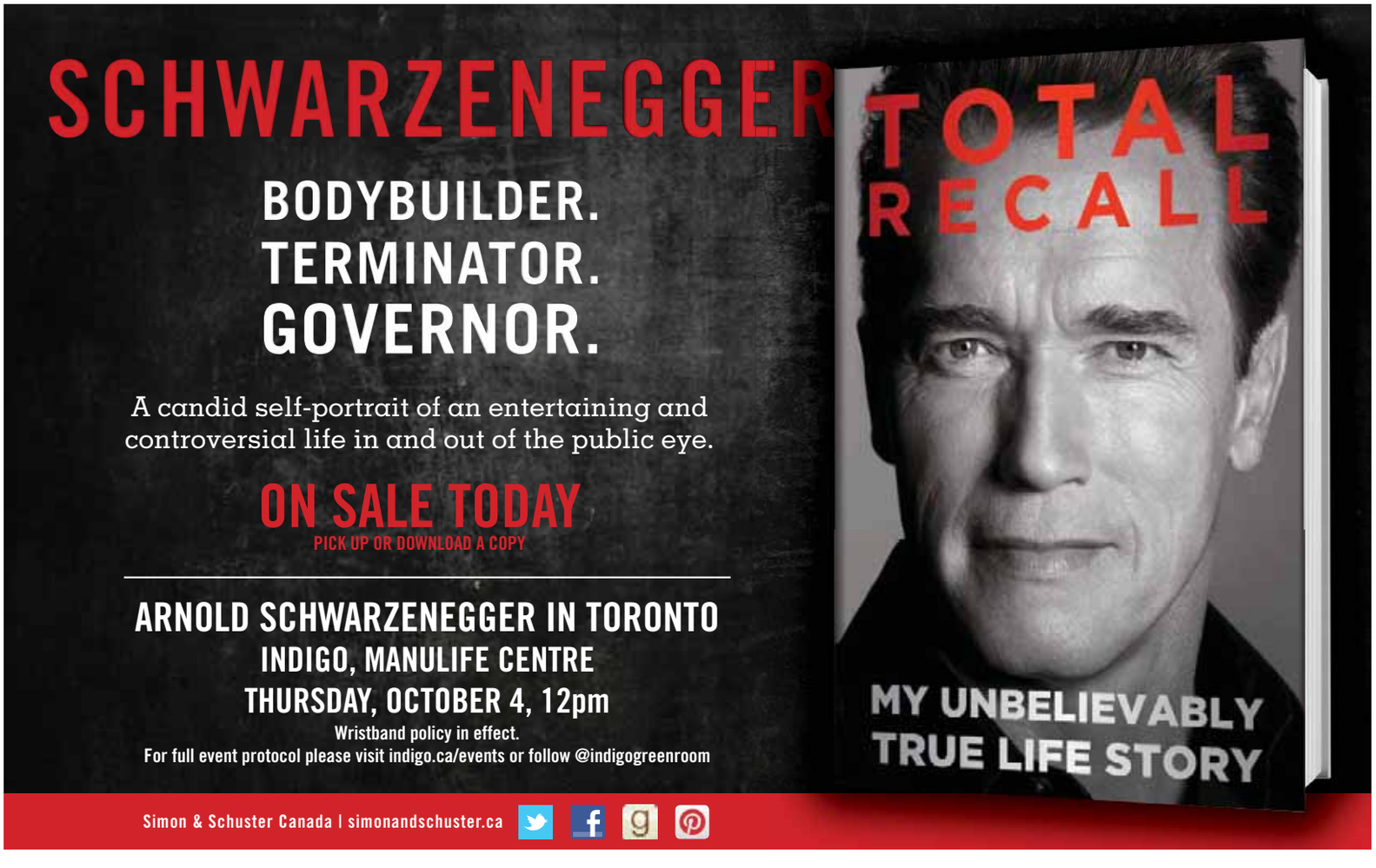
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We are family: Elle Varner's breakout album draws from her nearest and dearest

Perfectly Imperfect. Kudos from Michelle Obama and a nomination for best new artist at the Soul Train awards have launched young R&B star to new heights

R&B singer Elle Varner posing at the 2012 BET Awards in Los Angeles, in July. JORDAN STRAUSS/THE ASSOCIATED PRESS

Elle Varner may be R&B's rising star, but she already has fans in the White House.

While at the Democratic National Convention, first lady Michelle Obama said she's become a fan of Varner, thanks to her eldest daughter Malia's heavy rotation of her music at the executive mansion.

The singer-songwriter called the presidential praise the utmost honour.

"I just couldn't believe it," Varner said in an interview last week from Richmond, Va. "I was so proud of the fact that, like, I made this album that not only a 14-year-old girl can appreciate, but her mother as well."

Varner's album, Perfectly Imperfect, debuted at No. 4 and No. 2 last month on Billboard's 200 and R&B/Hip-Hop albums charts respectively. She's on a U.S. tour, her single Refill is a Top 10 R&B hit, and she's nominated for best new artist at the Soul Train Awards.

"I didn't really see myself as being on that radar yet," she said of the nomination, which pits her against J. Cole, Robert Glasper and Emeli Sande. "It was really just showing me that, 'OK, so you have reached that next step in your career where you're now being considered in these categories, like this is really real.'"

Quoted

"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God, that's a big deal.'"

Elle Varner
On growing up among some of music's biggest stars.

The twentysomething's foray into music was almost inevitable as the daughter of a background singer for Barry White and a songwriter for Diana Ross and The Temptations. As a child tagging along with her parents, Varner met legends from Chaka Khan to Ray Charles to Bill Withers at recording studios and on tours.

But the singer didn't realize how much those experiences were shaping her.

"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God, that's a big deal,'" recalled Varner, who graduated from The Clive Davis Institute of Recorded Music at New York University in 2008. "So, I think ... it gave me the confidence that I could easily be in this business."

Varner is putting her family's musical skills to use on her debut album: Her father, Jimmy Varner, produced and wrote for the project, and her mother, Mikelyn Roderick, backs Varner on several songs. And the music video for her latest single, the R&B jam I Don't Care, was inspired by Varner's white grandmother from Sweden, who was expelled from the University of Maine in the 1960s for dating her grandfather, a black man from Alabama (they were married for 52 years).

"It's a really beautiful representation of what it looks like when people really love each other and they don't care what outside people might think," she said of the video, which features same sex and interracial couples. THE ASSOCIATED PRESS

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Ashton Kutcher. ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to Us Weekly.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film The Angriest Man.

Anne Hathaway.

Hathaway marries long-time boyfriend

Anne Hathaway married actor and jewelry designer Adam Shulman, her boyfriend of more than four years, in a private ceremony in Big Sur, Calif., this weekend, according to Celebuzz.

Hathaway wore a Valentino Garavani gown for the sunset ceremony.

Sources says there were about 180 guests in attendance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shots fired as violence erupts at BET Hip-Hop Awards

THE WORD
Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.

Robert Pattinson and Kristen Stewart.

Friends skeptical about Twilight star's reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to Hollyscoop.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on to promote Breaking Dawn."

As for the long-term prospects of the reunited couple? They aren't so optimistic.

"Kristen loves Rob, no question about it, but she just isn't as mature as he is," the source says. "Rob's buddies would be stunned if the couple goes the distance."

Twitter

@kelly_clarkson
So I recently started acupuncture and yoga ....next thing you know I'll be going to coffee shops and writing in a journal Whatever works

@ZacharyQuinto
if you don't want to listen to a liberal gay marriage supporting actor type... then don't.

@JonahHill
My feelings are more important than yours

@Joan_Rivers
There's a woman with a rare condition who must eat every 15 minutes to maintain her 60-pound frame. How sad...that she's not contagious.

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Preliminary sketch by costume designer Constance Hoffman, 2012. Creative: Endeavour

LIFE 3

Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMYMUMMYCLUB.CA**

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

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- **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites. Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL
yummymummyclub.ca

Following your child's school bus could affect her confidence. ISTOCK

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy, "I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjustment to the new language. I have irrational visions of bus accidents and bullying and a million other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives? Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my|)kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

On the web

Qrikel

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The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

Ingredients

Guacamole
- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken
- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve
- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

4. In bowl of food processor, combine tortilla chips, bread crumbs and chili powder. Process until crumbly. Dip the pounded chicken breasts in the egg and milk mixture, then into the tortilla crumb mixture.

Tortilla Chip-Crusted Chicken with Guacamole and Salsa

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

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Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat
People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.

Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.

Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat
Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.

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Four Mistakes that can Cost You on Car Insurance

Keep your rates low by avoiding these costly mistakes.

The cost of car insurance is a major expense for most people, and rising rates often seem unavoidable. But an increase in your premium is not always something you can't avoid. Often, simple errors lead to over-paying for insurance. These four mistakes are the quickest way to see higher premiums.

Earning a traffic ticket. Tickets are one of the most common reasons that insurance rates go up. Many different traffic violations can be responsible for an increase. Speeding, running right lights and careless driving are all violations that result in insurance rates that are higher. It takes three years before the ticket is removed from your driving record.

Not shopping for rates before you buy a new car. People often find themselves shocked by the cost of insurance on their new car, but there's a way to avoid that. Every car comes with a different insurance rating, and some are pricier than others to insure. When you're considering options, get car insurance quotes on each possibility before you make a buying decision.

Failure to shop around at regular intervals. Many people avoid it because they believe it's a hassle, or think they can't get a better rate. This is one expensive mistake. People who take the time to shop around almost always pay less; and with internet quoting sites like InsuranceHotline.com, it's easier than ever.

Failing to take advantage of multi-policy discounts. What do your home and auto insurance have to do with each other? Well, if you insure them all in the same place, it could be quite a lot – of savings that is. Most insurance companies offer a multi-policy discount. If you don't have all of your policies in the same place, you could be missing out on some big savings on all of your policies.

Remember that the very best way to keep your insurance premiums low is to be a safe

driver and shop around for better rates. Insurance quoting sites like InsuranceHotline.com can help by comparing your insurance rate against over 30 car insurance companies to find you a lower rate available for your driving profile.

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Is your office a bit too close to home?

Temptation to slack off. Make sure your home office space is set up to maximize professional potential

Yes you can roll out of bed to your desk, but is this truly the best idea for your business? ISTOCK

Working from home has its advantages and disadvantages. The short commute, the relaxed dress code and flexible work hours are all appealing benefits. But one of the greatest challenges of working from home is making it seem that you are not. Here are some tips to help turn your home space into a work space:

Your site

Websites are often the first introductory point of a new business, so make sure you have a clean, professional site with your own domain name and workplace email address. Avoid using "free" sites that are bombarded with other company's advertisements; this can be very off putting to potential new clients. If you are not a skilled graphic designer, consider using a clean website-design template with basic, but necessary information.

Your phone line

It can be difficult to conduct a client call when the kids are picking up the handset to make their own calls and a telemarketer is calling on the other line. To avoid these distractions, consider a dedicated business phone line with a distinctive tone separate from your home phone. Take advantage of your existing high-speed Internet connection and use a voice over IP phone system. A sleek VoIP device like the Ooma Telo will save you money on the cost of a second line.

Your space

Whenever possible, have a separate room for your home office with its own door. This is especially important if you plan to host regular client meetings.

Make sure the room is located far from busy areas of the house, like the kitchen and family room, to avoid excessive noise and distractions.

NEWS CANADA

Mail mix up?

Address to success

- Differentiate your home address from your work address. Consider using a post office box if you don't want clients knowing you work from home. Alternatively, you could add a 'suite' number to your home address to help separate your business mail from your regular mail.

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The In-Credibility Factor

Name: Dave Hale
City: Ottawa
Age: 24
Occupation: Soshal Group Partner and CEO

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Dave Hale PROVIDED

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

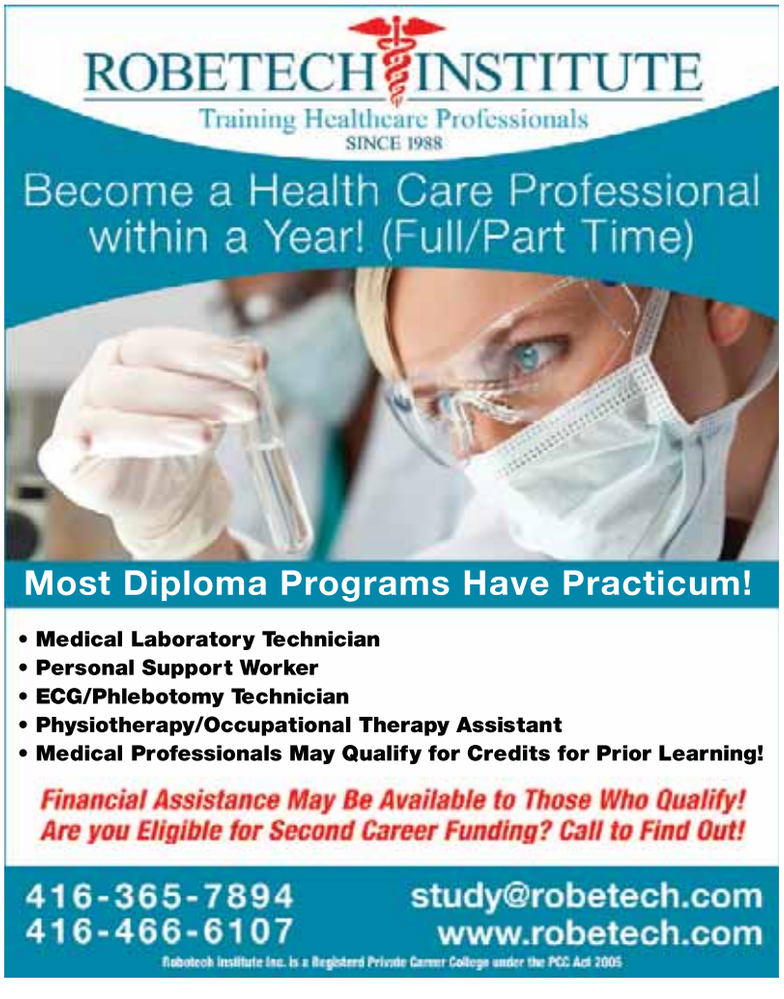
I knew I was on my way when... I signed my first six figure client and I realized I wouldn't have to go to my parents anymore and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

• Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

• Be open. We met some of our largest clients in the most obscure ways — like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

• Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.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Climbing up the ladder to a longer life?

Take a breather, you're the boss. A sense of control and power may lead higher ups to feel less high-strung

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader? ISTOCK

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil as I think over my recent concerns and interests" was one example of a statement in the inventory.

In their introduction, researchers wrote that they suspected leaders have lower stress levels because of the "psychological resources that leadership affords." They wrote of how holding a leadership role boosts one's sense of control, known to have "a stress-buffering effect."

Researchers also cited the work of Stanford neuroscientist Robert Sapolosky which associated higher social rank with lower cortisol in non-human primate species. Studies of humans have also linked higher employment rank to better health, they wrote. Study 1 found that those who identified as leaders had lower cortisol levels and reports of anxiety than non-leaders.

"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

High-ranking leaders might be responsible for personally managing a large number of people, might have many subordinates — including those who don't report directly to them — or might be given great authority and autonomy to make decisions regarding subordinates, researchers wrote. To capture different forms of leadership, researchers assessed leadership level by authority, the number of subordinates and the number of people who directly reported to them. Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

Interestingly, those leaders with fewer subordinates were found to have greater anxiety and higher cortisol levels. Lerner said there are likely multiple reasons why those particular leaders were found to be more stressed. But one of the key findings researchers identify relates back to the sense of control.

"When you have a sense of control, then it reduces stress hormone secretion," she said.

THE CANADIAN PRESS

A president's P.O.V.

In a recent Vanity Fair profile, U.S. President Barack Obama offered some insight into his decision-making process

- "You'll see I wear only gray or blue suits," Obama told the magazine. "I'm trying to pare down decisions. I don't want to make decisions about what I'm eating or wearing. Because I have too many other decisions to make."
- Plotnick said the example illustrates the ability of leaders to focus energy on where they're going to make a difference.

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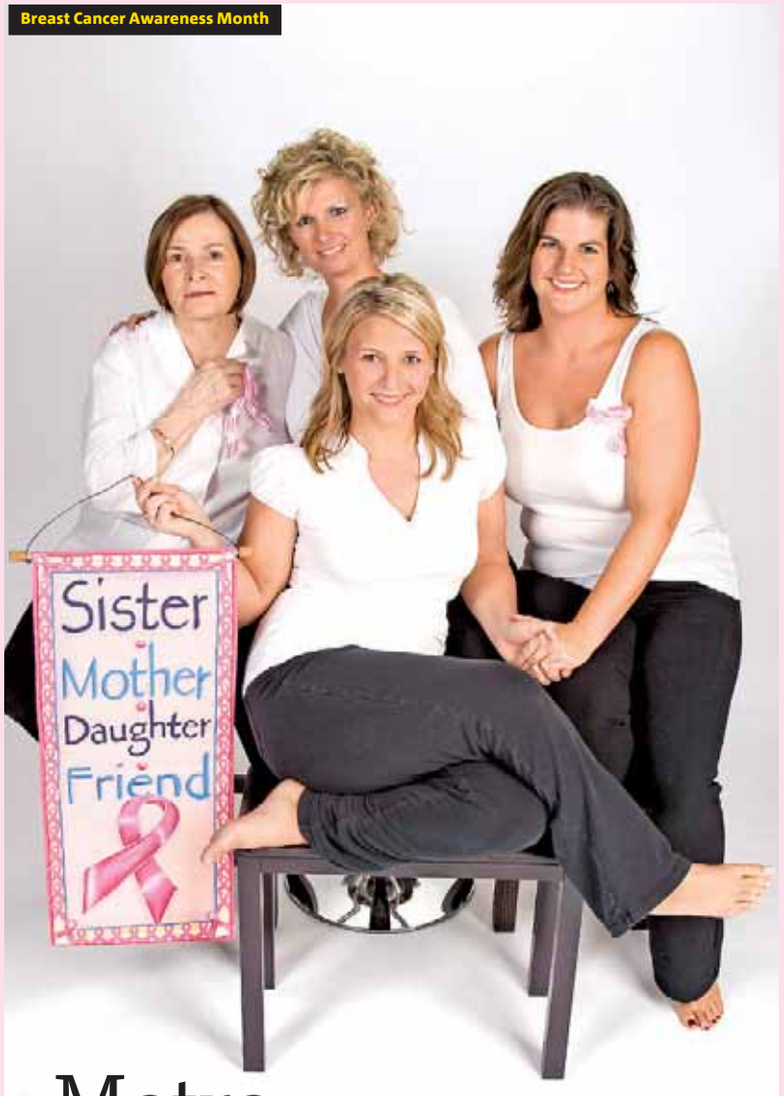

Metro thinks *pink*

‘Co-survivors’ play a lead role in recovery

Lean on me. The story of how a woman’s ‘tribe’ have been there to support her

KATHY ULLYOTT
Special to Metro Canada

Kate Kerr with son’s Samuel, left, and Gabriel. CONTRIBUTED

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of “co-survivors” — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient’s “tribe” helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in the UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

“It’s only now sinking in what my friends, work colleagues, have done for me,” says Kate. “If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book.”

On the next pages, we introduce you to Kate’s “tribe” and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto, is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. “You can imagine the kind of adrenaline that flows in their body and the fear they have,” she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. “It’s a skill that you have to develop.”

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. “(It) is one of those things that can change your brain in a very positive way,” she says of the exercise. “It can control the pain, it can control the stress, it can improve your immune system.”

It’s also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. “Your lifestyle is so very important. This is just another way of getting into a good lifestyle.”

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Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

Exclusively online

Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.

The centre of the

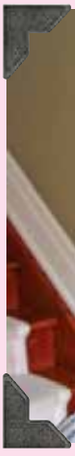
Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. "As children, we always had the same dolls, clothes and haircuts," explains Alex, "So I thought, why should now be any different?

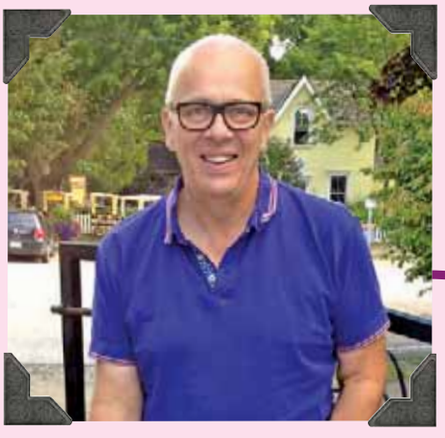
Because she was too far away to offer practical help, "I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivel of my life!"

Wendy Sanders, Kate's mother



As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in "my darkest hours," and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, "I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone."



Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. "A few months in, I understood." Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, "Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo."

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, "Riding Shotgun," on a cancer support web site, facingcancer.ca. "How do you give support and keep sane?" he wrote on Aug. 17. "From the shotgun seat you don't really have an option. At least on the supporting issue." The best advice he got came from a fellow blogger on the site. "She said, a man's first instinct is to say, 'I can fix this.' But you can't; you can't fix this. So you're left to do . . . what?'. . . The answer is to just be there. You can listen and hear, and let her know that you will be there for anything."

10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly.

Alex, who emails Kate daily, says, "Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day.

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race "gives you the strength to continue."

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.

ISTOCK IMAGES

circle

Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: Anticancer: A New Way of Life by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS COMPILED BY KATHY ULLYOTT

John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steadying rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."

Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca

'Things I Wish I'd Known'

Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. Things I Wish I'd Known: Cancer Caregivers Speak Out, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastecomy women. lavieenrose.com

Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.

Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

SPORTS 4

Europe's Sergio Garcia, left, Luke Donald and Justin Rose celebrate after winning the Ryder Cup on Sunday in Medinah, Ill. CHRIS CARLSON/THE ASSOCIATED PRESS

Europeans clinch cup with heroic final day

Golf. Poulter spurs record-tying Ryder Cup comeback in Illinois

Erasing some of their worst Ryder Cup memories, the Europeans wore the image of Seve Ballesteros on their sleeves and played their hearts out Sunday at Medinah to match the greatest comeback in history and head home with that precious gold trophy.

Europe got its payback for Brookline. Martin Kaymer gave German golf redemption for Kiawah Island.

Jose Maria Olazabal squeezed his eyes and fought back tears when Kaymer holed a six-foot par putt — about the same length that countryman Bernhard Langer missed at Kiawah in 1991 — to beat Steve Stricker and give Europe the point it needed to keep the cup.

Tiger Woods missed a 3 1/2-foot par putt on the 18th hole and conceded a par to Francesco Molinari that halved their match, that extra half-point making it a clear-cut win for Europe, 14 1/2 to 13 1/2.

Woods and Stricker, the anchors in the lineup, didn't win a single match at Medinah.

"This one is for all of Europe," Olazabal said. "Seve will always be present with this team. He was a big factor for this event for the European side."

Ballesteros died in May 2011 from complications associated with a cancerous brain tumour and the European squad paid tribute to the Spanish legend all week.

Ian Poulter was the first to embrace Olazabal, which was only fitting.

It was Poulter who gave Europe hope Saturday evening when he made five straight birdies to turn a loss into a win and swing momentum in Europe's favour. Poulter was up to his tricks again on the final day, winning the last two holes in his match against U.S. Open champion Webb Simpson.

And he had plenty of help. Europe's top five players in the lineup all won, including Rory McIlroy, who came up with key birdies to hand Keegan Bradley his first loss of the week.

The biggest match might have belonged to Justin Rose. He was on the verge of losing to Phil Mickelson when Rose holed a 12-foot par putt to halve the 16th, made a 35-foot birdie putt from the back of the 17th green to win the hole, and then closed out Mickelson with a 12-foot birdie on the last hole.

THE ASSOCIATED PRESS

Sunday surge

The Americans also rallied from a four-point deficit to win in 1999 at Brookline. This was different, though.

- The Americans won big in those early matches. At Medinah, so many of them could have gone either way.
- It was so close, so tense, that either side could have won the Ryder Cup down to the very end.

NHL

Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will be included in a new agreement. THE ASSOCIATED PRESS

NFL

Saints still seeking first win

Aaron Rodgers threw a go-ahead touchdown to Jordy Nelson in the fourth quarter, and the Green Bay Packers shook off a week's worth of controversy with a rally to beat the New Orleans Saints 28-27 on Sunday.

With Packers fans howling about what appeared to be yet another bad call— this time by the regular officials, not the replacements — Garrett Hartley missed a 48-yard field goal attempt with just under three minutes remaining, costing the Saints a shot at the lead.

Rodgers threw for 319 yards with four touchdowns and an interception for the Packers (2-2).

Drew Brees threw for 446 yards with three touchdowns for the winless Saints (0-4). Brees has thrown at least one touchdown in 47 straight regular-season games, tying the NFL's all-time mark set by Johnny Unitas.

THE ASSOCIATED PRESS

Pats sink Bills with second-half outburst

New England's Brandon Lloyd makes a touchdown catch as Buffalo's Aaron Williams gives chase Sunday, in Orchard Park, N.Y. GARY WIEPERT/THE ASSOCIATED PRESS

Once Tom Brady started connecting with his favourite receivers, there was nothing wrong with the New England Patriots.

Brady led six straight touchdown drives in the second half to lead New England to a 52-28 rout of the Buffalo Bills (2-2) on Sunday. The Patriots (2-2) overcame a sloppy first half and a 21-7 third-quarter deficit to avoid their first three-game skid in 10 years.

"Down 21-7 and on the road, backs against the wall, and I thought we showed a lot of heart," Brady said. "That's what this team is made of. And we're going to battle until the end, I know that."

Brady finished 22 of 36 for 340 yards and three TDs, plus one rushing.

Cornerback Devin McCourty had two interceptions, keying a defence that forced six turnovers and had three sacks.

Wes Welker had nine catches for 129 yards, and Ron Gronkowski had five for 104 yards and a TD as both players bounced back from first-half fumbles.

THE ASSOCIATED PRESS

Around the NFL

- **49ers 34, Jets 0.** Carlos Rogers returned a fumble 51 yards for a TD, and San Francisco ran for more than 200 yards in a blowout of the Jets.
- **Vikings 20, Lions 13.** Percy Harvin returned the opening kickoff for a TD and Marcus Sherels scored on a punt return early in the third as Minnesota improved to 3-1.

Mobile sports

Cricket

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.

Jays' Lawrie yet to find right balance at major-league level

MLB. How third baseman acts on field 'an area of importance for everyone,' says Farrell

It appears that Brett Lawrie's greatest challenge in becoming an all-star calibre player with the Blue Jays centers on reining in his emotions.

Manager John Farrell indicated that much Sunday, speaking to the media after talking with the 22-year-old third baseman in a late-season exit meeting.

"Brett, he's learned in a number of ways," Farrell said before the Jays faced the Yankees on Sunday.

"He's dealt with a prolonged stay on the disabled list. He's learned from some of the emotion inside the game ... how to get a handle on it, and it's a work in progress as it is for every player ... What's the right level of intensity? How and where does it help him make an in-game decision?"

Brett Lawrie glares at umpire Mike Everitt after a striking out at Rogers Centre on Saturday. CHRIS YOUNG/THE CANADIAN PRESS FILE

Before the game, Farrell refused to divulge exactly what he told Lawrie, but he did paint a picture of a young player who needs to adjust his game.

Lawrie, a native of British Columbia, was already popular locally when he debuted with the Jays last year and symbolized the high expectations of the squad early in the season with a walk-off homer and a leap into the arms of teammates at home plate.

On the field, Lawrie's intensity boiled over at times. The most infamous was a helmet-slamming episode in May that led to a four-game ban that damaged his relationship with umpires.

Quoted

"I think in time he's a No. 3 hitter. His skill-set still profiles that way."

Manager John Farrell on where he envisions Brett Lawrie hitting in the Jays' lineup down the road

Lawrie also made several base-running blunders, drawing attention away from the fact he has joined the AL's elite when in-fielding at third.

Farrell said he had constant conversations with Lawrie about being over-aggressive. Management wants Lawrie to filter out mistakes while maintaining his aggressiveness.

"When you try to find an optimal level where he can let his skills come out ... that (intensity) can take away some of that from him," Farrell said.

"You want players to be themselves. You can take a bit of (a lesson) from any number of players, but it's important to not forget who you are. He's got strong beliefs, and that's a good thing." TORSTAR NEWS SERVICES

Sunday's game

Yanks' power emerges late in Toronto

Brett Lawrie had a two-run home run in Sunday's game, his 11th of the year, but the Blue Jays wound up losing 9-6 before an announced crowd of 31,418 at the Rogers Centre.

Trailing 5-2 after six, the Yankees scored seven runs over the final three innings. The loss was the Jays's 89th of the season. They haven't lost 90 since 2004.

Toronto's Edwin Encarnacion, in contention for the AL home run crown, left the game after the sixth inning with tightness in his shoulder and back muscles. He is listed as day-to-day. TORSTAR NEWS SERVICE

New York's Eric Chavez rounds the bases after his home run off of Toronto's Henderson Alvarez on Sunday. GETTY IMAGES

MLB

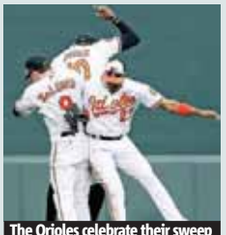
Red Sox swept away in Baltimore

The Red Sox are in the middle of the AL East pennant race, although not in the fashion they envisioned.

At this point, however, Boston can't even fulfil their role as spoilers.

After losing three in a row to the Baltimore Orioles, the last one 6-3 on Sunday, the Red Sox now head to New York for a season-ending three-game series. Baltimore and New York are in a first-place tie in the division, and the Red Sox are in last.

Boston fell behind 5-0 in the third. Red Sox starter Zack Stewart surrendered two homers, including a leadoff shot by Nate McLouth, and lasted only 2 2/3 innings. THE ASSOCIATED PRESS



The Orioles celebrate their sweep of the Red Sox in Baltimore on Sunday. GETTY IMAGES

TORONTO'S VitalSigns® 2012 Report

Our annual snapshot of the trends and issues affecting the quality of life in our city

HIGHLIGHTS IN TOMORROW'S METRO

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	92	67	.579	—
New York	92	67	.579	—
Tampa Bay	88	71	.553	4
Toronto	**70**	**89**	**.440**	**22**
Boston	69	90	.434	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	86	73	.541	—
Chicago	83	76	.522	3
Kansas City	71	88	.447	15
Cleveland	67	92	.421	19
Minnesota	66	93	.415	20

WEST DIVISION

	W	L	Pct	GB
Texas	92	66	.582	—
Oakland	91	68	.572	1½
Los Angeles	88	70	.557	4
Seattle	73	86	.459	19½

Sunday's results
Cleveland 15 Kansas City 3
L.A. Angels 5 Texas 4 (1st game)
N.Y. Yankees 9 **Toronto 6**
Baltimore 6 Boston 3
Detroit 2 Minnesota 1
Tampa Bay 6 Chicago White Sox 2
Oakland 5 Seattle 2
L.A. Angels at Texas (2nd game)
Saturday's results
Toronto 3 N.Y. Yankees 2
Detroit 6 Minnesota 4
Oakland 7 Seattle 4 (10 innings)
Tampa Bay 10 Chicago White Sox 4
L.A. Angels at Texas (ppd., rain)
Baltimore 4 Boston 3
Kansas City 7 Cleveland 6 (14 innings)
Monday's games — All Times Eastern
Boston (Buchholz 11-7) at N.Y. Yankees (Sabathia 14-6), 7:05 p.m.
Chicago White Sox (H.Santiago 3-1) at Cleveland (Kluber 2-4), 7:05 p.m.
Minnesota (Vasquez 0-2) at **Toronto (Laffey 4-6)**, 7:07 p.m.
Baltimore (W.Chen 12-10) at Tampa Bay (Cobb 10-9), 7:10 p.m.
Detroit (Porcello 9-12) at Kansas City (B.Chen 11-13), 8:10 p.m.
Texas (M.Perez 1-3) at Oakland (J.Parker 12-8), 10:05 p.m.
L.A. Angels (C.Wilson 12-10) at Seattle (F.Hernandez 13-8), 10:10 p.m.
Tuesday's games
Boston at N.Y. Yankees, 7:05 p.m.
Chicago White Sox at Cleveland, 7:05 p.m.
Minnesota at Toronto, 7:07 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Detroit at Kansas City, 8:10 p.m.
Texas at Oakland, 10:05 p.m.
L.A. Angels at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
z-Washington	96	63	.604	—
z-Atlanta	93	66	.585	3
Philadelphia	80	79	.503	16
New York	73	86	.459	23
Miami	67	92	.421	29

CENTRAL DIVISION

	W	L	Pct	GB
x-Cincinnati	96	63	.604	—
St. Louis	86	73	.541	10
Milwaukee	81	78	.509	15
Pittsburgh	77	82	.484	19
Chicago	60	99	.377	36
Houston	53	106	.333	43

WEST DIVISION

	W	L	Pct	GB
x-San Francisco	93	66	.585	—
Los Angeles	84	75	.528	9
Arizona	80	79	.503	13
San Diego	75	84	.472	18
Colorado	62	97	.390	31

z-clinched playoff berth
x-clinched division

Sunday's results
Philadelphia 4 Miami 1
Cincinnati 4 Pittsburgh 3
Atlanta 6 N.Y. Mets 2
Houston 7 Milwaukee 0
St. Louis 10 Washington 4
San Francisco 7 San Diego 5
Chicago Cubs 7 Arizona 2
L.A. Dodgers 7 Colorado 1
Saturday's results
Pittsburgh 2 Cincinnati 1
Milwaukee 9 Houston 5
Atlanta 2 N.Y. Mets 0
Philadelphia 9 Miami 5
Washington 6 St. Louis 4 (10 innings)
Arizona 8 Chicago Cubs 2
San Diego 7 San Francisco 3
L.A. Dodgers 3 Colorado 0
Monday's games — All Times Eastern
Atlanta (Maholm 13-10) at Pittsburgh (Locke 0-3), 7:05 p.m.
Philadelphia (K.Kendrick 10-12) at Washington (Lannan 4-0), 7:05 p.m.
N.Y. Mets (Familia 0-0) at Miami (Jo.Johnson 8-14), 7:10 p.m.
Houston (Harrell 10-11) at Chicago Cubs (Berken 0-2), 8:05 p.m.
San Diego (Richard 14-13) at Milwaukee (Marcum 6-4), 8:10 p.m.
Cincinnati (Arroyo 12-9) at St. Louis (J.Garcia 6-7), 8:15 p.m.
Colorado (D.Pomeranz 2-9) at Arizona (Miley 16-11), 9:40 p.m.
San Francisco (M.Cain 16-5) at L.A. Dodgers (Harang 10-10), 10:10 p.m.
Tuesday's games
Atlanta at Pittsburgh, 7:05 p.m.
Philadelphia at Washington, 7:05 p.m.
N.Y. Mets at Miami, 7:10 p.m.
Houston at Chicago Cubs, 8:05 p.m.
San Diego at Milwaukee, 8:10 p.m.
Cincinnati at St. Louis, 8:15 p.m.
Colorado at Arizona, 9:40 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

YANKEES 9, BLUE JAYS 6

SUNDAY AFTERNOON

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	3	1	Lawrie 3b	5	2	3	2
ISuzuki rf	4	0	1	1	RDavis lf	5	1	2	0
AIRdrg 3b	4	2	2	0	Encrnc dh	2	1	0	0
Cano 2b	5	2	3	1	Rasms ph-dh	1	0	0	0
Swisher 1b	4	0	1	0	YEscor ss	4	1	2	1
Grndrs cf	4	1	1	2	Lind 1b	4	0	1	1
Ibanez lf	4	0	2	0	Sierra rf	4	0	1	1
Gardnr pr-lf	0	1	0	0	Arencii c	3	0	0	0
Dickrsn ph-lf	1	0	0	0	Hchvrr 2b	4	0	0	0
RMartn c	4	0	0	0	Gose cf	3	1	1	0
ErChvz dh	2	1	1	1					
ENunez ph-dh	2	1	1	1					
Totals	**39**	**9**	**15**	**7**	**Totals**		**35**	**6**	**10**	**5**

New York	**001**	**001**	**322**	**—9**
Toronto	**200**	**030**	**001**	**—6**

E—Lawrie (17). DP—New York 1, Toronto 1. LOB—New York 9, Toronto 8. 2B—Jeter (31), Cano 2 (46), Y.Escobar (22). HR—Er.Chavez (16), Lawrie (11). S—R.Martin. SF—I.Suzuki, E.Nunez, Lind.

New York	IP	H	R	ER	BB	SO
P.Hughes	4 2-3	8	5	5	2	4
D.Lowe	1 2-3	0	0	0	0	0
Logan W,7-2	2-3	0	0	0	1	1
D.Robertson H,30	1	0	0	0	1	2
R.Soriano	1	2	1	1	1	0
Toronto						
H.Alvarez	6	7	2	2	0	4
Cecil	0	1	1	1	0	0
Delabar H,11	1-3	2	2	2	1	0
Loup BS,1-1	2-3	0	0	0	0	0
Oliver L,3-4	0	1	2	2	1	0
Lyon	1	1	0	0	0	0
Frasor	2-3	3	2	2	1	1
Beck	1-3	0	0	0	0	0

Cecil pitched to 1 batter in the 7th.
Oliver pitched to 2 batters in the 8th.
T—3:25. A—31,418 (49,260) at Toronto.

BLUE JAYS 3, YANKEES 2

SATURDAY AFTERNOON

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter dh-ss	5	1	1	0	Lawrie 3b	3	0	0	0
ISuzuki lf-rf	5	1	3	0	RDavis lf	4	1	3	2
AIRdrg 3b	3	0	0	0	Encrnc dh	4	0	0	0
Cano 2b	3	0	2	1	YEscor ss	3	1	1	0
Swisher 1b	3	0	2	0	YGoms 1b	2	0	1	0
Grndrs cf	3	0	0	1	Lind ph-1b	0	0	0	0
AnJons rf	2	0	0	0	Sierra rf	4	0	0	0
Ibanez ph-lf	2	0	0	0	Mathis c	3	1	1	0
Gardnr pr-lf	0	0	0	0	Hchvrr 2b	3	0	1	1
ENunez ss	3	0	1	0	Gose cf	3	0	0	0
Pettitte p	0	0	0	0					
Chmrln p	0	0	0	0					
ErChvz ph	1	0	0	0					
Eppley p	0	0	0	0					
Logan p	0	0	0	0					
DRtsn p	0	0	0	0					
CStwrt c	2	0	0	0					
RMartn ph	1	0	0	0					
Totals	**33**	**2**	**9**	**2**	**Totals**		**29**	**3**	**7**	**3**

New York	**200**	**000**	**000**	**—2**
Toronto	**100**	**011**	**00x**	**—3**

E—Sh.Hill (1), Y.Gomes (1). DP—New York 1, Toronto 1. LOB—New York 10, Toronto 6. 2B—Mathis (12), Hechavarria (7). HR—R.Davis (8). CS—I.Suzuki (7), Gardner (1). SF—Cano, Granderson.

New York	IP	H	R	ER	BB	SO
Pettitte L,5-4	5 2-3	5	3	3	3	4
Chamberlain	1 1-3	1	0	0	0	3
Eppley	1-3	1	0	0	0	0
Logan	0	0	0	0	1	0
D.Robertson	2-3	0	0	0	0	0
Toronto						
R.Romero	3	6	2	2	2	3
Sh.Hill W,1-0	3	0	0	0	2	0
Lincoln H,4	1-3	1	0	0	0	1
Loup H,5	2-3	1	0	0	0	0
Delabar H,10	1	0	0	0	0	2
Janssen S,21-24	1	1	0	0	0	1

Logan pitched to 1 batter in the 8th.
T—2:54. A—36,139 (49,260) at Toronto.

TENNIS

ATP THAILAND OPEN

At Bangkok
Singles — Championship
Richard Gasquet (2), France, def. Gilles Simon (4), France, 6-2, 6-1.
Doubles — Championship
Yen-hsun Lu, Taiwan, and Danai Udomchoke, Thailand, def. Erc Butorac, U.S., and Paul Hanley (4), Australia, 6-3, 6-4.

WTA PAN PACIFIC OPEN

At Tokyo
Singles — Championship
Nadia Petrova (17), Russia, def. Agnieszka Radwanska (3), Poland, 6-0, 1-6, 6-3.
Doubles — Championship
Raquel Kops-Jones and Abigail Spears, U.S., def. Anna-Lena Groenefeld, Germany, and Kveta Peschke (4), Czech Rep., 6-1, 6-4.

GOLF

PGA RYDER CUP

FINAL
EUROPE 14½ — U.S. 13½
Sunday's singles
Europe 8½ — U.S. 3½
Luke Donald, Europe, def. Bubba Watson, U.S., 2 and 1.
Ian Poulter, Europe, def. Webb Simpson, U.S., 2 up.
Rory McIlroy, Europe, def. Keegan Bradley, U.S., 2 and 1.
Justin Rose, Europe, def. Phil Mickelson, U.S., 1 up.
Paul Lawrie, Europe, def. Brandt Snedeker, U.S., 5 and 3.
Dustin Johnson, U.S., def. Nicolas Colsaerts, Europe, 3 and 2.
Zach Johnson, U.S., def. Graeme McDowell, Europe, 2 and 1.
Sergio Garcia, Europe, def. Jim Furyk, U.S., Europe 1 up.
Jason Dufner, U.S., def. Peter Hanson, Europe, 2 up.
Lee Westwood, Europe, def. Matt Kuchar, U.S., 3 and 2.
Martin Kaymer, Europe, def. Steve Stricker, U.S., 1 up.
Francesco Molinari, Europe, halved with Tiger Woods, U.S.

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Par 72
Final Round
Russell Henley, $99,000 66-65-65-70—266
Morgan Hoffmann, $48,400 68-67-66-65—266
Patrick Cantlay, $48,400 69-67-65-65—266
Brad Fritsch, $26,400 67-64-65-72—268
Robert Streb, $20,900 69-69-66-67—271
Scott Dunlap, $20,900 66-71-66-68—271
Russell Knox, $17,738 68-65-70-70—273
Fernando Mechereffe, $17,738 69-66-67-71—273

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

WEEK FOUR

Sunday's results
Houston 38 Tennessee 14
San Diego 37 Kansas City 20
St. Louis 19 Seattle 13
New England 52 Buffalo 28
Minnesota 20 Detroit 13
Atlanta 30 Carolina 28
San Francisco 34 N.Y. Jets 0
Arizona 24 Miami 21, OT
Denver 37 Oakland 6
Cincinnati 27 Jacksonville 10
Green Bay 28 New Orleans 27
Washington 24 Tampa Bay 22
N.Y. Giants at Philadelphia
Thursday's result
Baltimore 23 Cleveland 16
Monday's Game — All Times Eastern
Chicago at Dallas, 8:30 p.m.

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	47	54
Philadelphia	2	1	0	.667	47	66
N.Y. Giants	2	1	0	.667	94	65
Washington	2	2	0	.500	123	123

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Minnesota	3	1	0	.750	90	72
Chicago	2	1	0	.667	74	50
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FIVE

Thursday's game
Arizona at St. Louis, 8:20 p.m.
Sunday's games
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Seattle at Carolina, 4:05 p.m.
Chicago at Jacksonville, 4:05 p.m.
Buffalo at San Francisco, 4:25 p.m.
Tennessee at Minnesota, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Open: Dallas, Detroit, Oakland, Tampa Bay
Monday, Oct. 8
Houston at N.Y. Jets, 8:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

WEEK 14

Saturday's results
Saskatchewan 27 B.C. 21
Toronto 29 Winnipeg 10
Friday's results
Calgary 39 Edmonton 15
Hamilton 41 Montreal 28
WEEK 15
Friday, Oct. 5 — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday, Oct. 6
Calgary at B.C., 10 p.m.
Monday, Oct. 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

ARGONAUTS 29, BLUE BOMBERS 10

LATE SATURDAY
First Quarter
Tor — TD Jackson 1 run (Waters convert) 7:41
Tor — TD Ball 27 interception return (Waters convert) 8:33
Tor — TD Inman 12 pass from Jackson (Waters convert) 14:36
Second Quarter
Wpg — FG Palardy 20 7:51
Wpg — TD Edwards 20 pass from Pierce (Palardy convert) 12:57
Tor — FG Waters 46 15:00
Third Quarter
Tor — FG Waters 23 2:29
Fourth Quarter
Tor — Single Waters 18 0:42
Tor — Single Waters 69 6:09

Toronto	**21**	**3**	**3**	**2**	**— 29**
Winnipeg	**0**	**10**	**0**	**0**	**— 10**

Attendance — 27,169 at Winnipeg.

TEAM STATISTICS	Tor	Wpg
First downs	25	21
Yards rushing	163	63
Yards passing	155	293
Total offence	318	356
Team losses	5	24
Net offence	313	332
Passes made-tried	17-28	28-43
Total return yards	167	170
Interceptions-yards by	4-76	0-0
Fumbles-lost	2-1	3-3
Sacks by	1	2
Punts-average	6-44.8	5-37.2
Penalties-yards	13-110	12-102
Time of possession	37:01	22:59

INDIVIDUAL STATISTICS
Rushing — Tor: Kackert 20-86, Jackson 7-51, Durie 3-24, Johnson 1-2, Owens 1-0; Wpg: Simpson 7-39, Elliott 3-16, Brink 2-5, Pierce 1-3.
Receiving — Tor: Inman 4-58, Mann 6-47, Durie 3-27, Kackert 2-20, Owens 2-3; Wpg: Denmark 10-99, Matthews 7-82, Poblah 5-47, Edwards 4-47, Simpson 1-9, Watson 1-9.
Passing — Tor: Jackson 17-28, 155 yards, 1 TD, 0 int; Wpg: Pierce 8-13-120-1-1, Elliott 20-30-173-0-3.

SOCCER

MLS

EASTERN CONFERENCE

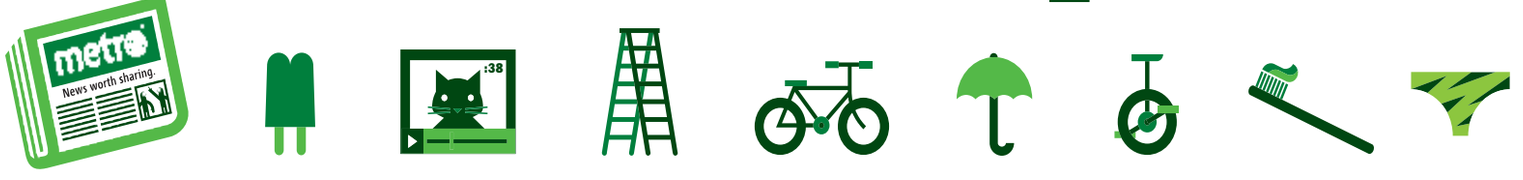
	W	L	T	Pts	GF	GA
x-Kansas City	17	7	7	58	39	25
New York	15	8	8	53	54	44
Chicago	16	9	5	53	42	36
D.C.	15	10	6	51	48	40
Houston	13	8	10	49	44	37
Columbus	14	11	6	48	39	39
Montreal	12	15	4	40	44	49
Philadelphia	8	15	6	30	31	36
New England	7	16	8	29	37	43
Toronto FC	5	19	7	22	35	59

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	18	6	7	61	65	39
x-Real Salt Lake	16	11	4	52	44	34
x-Los Angeles	15	11	5	50	55	43
x-Seattle	13	7	10	49	45	31
Vancouver	10	12	9	39	31	40
FC Dallas	9	12	10	37	38	41
Colorado	9	18	4	31	39	46
Portland	7	15	9	30	32	52
Chivas USA	7	16	7	28	21	49

NOTE: Three points for victory, one point for tie.
x-clinched playoff berth
Sunday's result
Colorado 1 Los Angeles 1
Saturday's results
New York 4 Toronto FC 1
Columbus 3 Philadelphia 2
Houston 2 New England 0
Vancouver 0 Seattle FC 0
Portland 1 D.C. United 1
Real Salt Lake 4 Chivas USA 0
San Jose 3 FC Dallas 3
Friday's result
Sporting Kansas City 2 Chicago 0
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
Real Salt Lake at Los Angeles, 9 p.m.
San Jose at Colorado, 9 p.m.
Sunday, Oct. 7
Sporting Kansas City at Columbus, 4 p.m.
FC Dallas at Chivas USA, 7 p.m.
Portland at Seattle FC, 9 p.m.

Sharability



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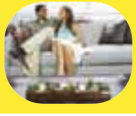

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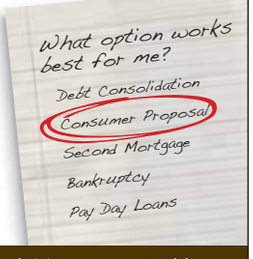

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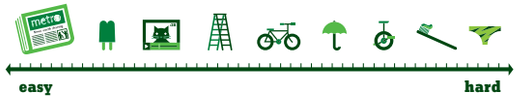

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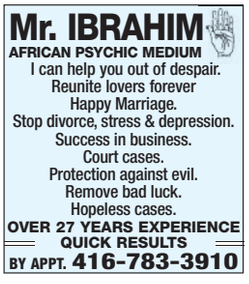

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Horoscopes

♈ Aries
March 21 - April 20
Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

♉ Taurus
April 21 - May 21
You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

♊ Gemini
May 22 - June 21
You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

♋ Cancer
June 22 - July 23
Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

♌ Leo
July 24 - Aug. 23
You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

♍ Virgo
Aug. 24 - Sept. 23
You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

♏ Scorpio
Oct. 24 - Nov. 22
Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

♐ Sagittarius
Nov. 23 - Dec. 21
You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

♑ Capricorn
Dec. 22 - Jan. 20
You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

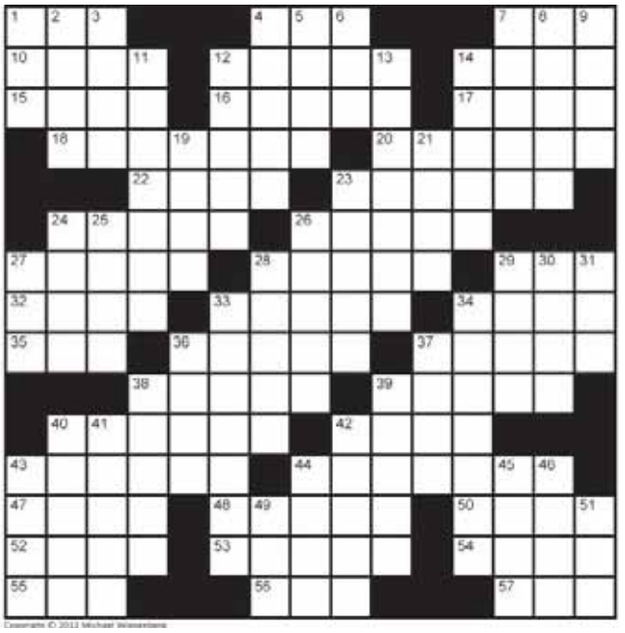
♒ Aquarius
Jan. 21 - Feb. 19
The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

♓ Pisces
Feb. 20 - March 20
When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

Start With a Buffalo Springfield Song

BY MICHAEL WIESENBERG



Across
1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' *A ___ of Two Cities*
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships
50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down
1. Island: Fr.
2. Waterproof canvas, for short
3. __-__: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. *Planet of the* ___
31. Married
33. Homo ___: modern humans
34. Alberta-BC border feature
36. James ___: TV's *Las Vegas* star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef (2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword

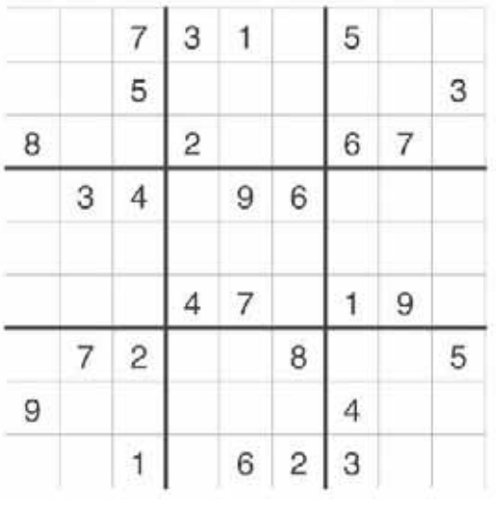
What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



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Tuesday
18°/15°
Showers
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